ENERGIZE YOURSELF
AND THAT DOESN'T MEAN CAFFEINE {page 12}

WE'RE NOT DATING, SERIOUSLY
SANDRA SQUASHES RYAN RUMOURS {page 10}

TALKER
PIERS MORGAN ON TAKING OVER FROM LARRY KING {page 8}

OTTAWA metro®
Tuesday, January 18, 2011
www.metronews.ca
News worth sharing.

Tech company gets a big boost

353 new jobs to be created in research and development sector in Ottawa over five years • Local company to recruit 125 university grads over same time period

JOE LOFARO/FOR METRO

▶ Ciena senior vice-president James Frodsham, left, and MPP for Ottawa West-Nepean Bob Chiarelli chat after announcing a $900-million deal between the province and company, which aims to create an estimated 353 jobs.

JOE LOFARO
OTTAWA@METRONEWS.CA

A $25-million grant from the provincial government announced yesterday will mean more jobs at Ciena Canada and more opportunities for university graduates in Ottawa.

The grant will go toward the Ottawa company's $900-million investment in broadband and mobile data networks as well as expanding partnerships with Queen's, Waterloo, and Carleton universities.

"We're tying into their research efforts and leveraging the talent and we're using that at the front end of the recruitment process," said James Frodsham, senior vice-president and chief strategy officer of Ciena.

"This is not just big news for Ottawa, but for the (information communication and technology) sector at large right across Canada."
SANDRA PUPATELLO, ONTARIO MINISTER OF ECONOMIC DEVELOPMENT AND TRADE

"We're targeting to hire at least 25 grads per year from Ontario universities."

Ontario Minister of Economic Development and Trade Sandra Pupatello said the announcement is significant for Ottawa.

"It ensures that Ottawa and Ontario will continue to be the global leader in developing advanced telecommunications and networking solutions," she said.

One avenue of research the grant will support is 100G high-speed fibre optic networks that deliver data across a variety of platforms, she said.

Health

Battling the bulge

New surgery tackles obesity • One in four Canadians are obese, and that number is rising • Costs millions in health care {page 11}

Is marriage a thing of the past?

More Canucks are single, so do we really care about matrimony? {page 14}

Shock in Haiti as one-time dictator returns

Duvalier free to come home, Haitian PM says {page 3}

Feds take aim at borrowing

Household debt labelled No. 1 risk to economy {page 2}

Not easy in the Big Easy

Raptors fall in New Orleans matinee {page 16}

1 news

Leftover funds back to work

With local stimulus projects on-track to be completed on time and $38 million under budget in October, the city has applied to put some of the leftover funding back to work.

The money can't go to new projects, infrastructure service director Wayne Newell told city council yesterday, but can be used to expand existing ones as long as work is completed by Oct. 31.

"It's a great opportunity to not only deliver the $401 million program under budget, but to utilize the savings and accomplish a little over $30 million extra work is really good for the city," he said.

Councillors praised city staff for their work, but the Canadian Taxpayers Federation was not impressed.

"Municipal politicians perhaps more than any other politician fail to grasp the concept that there is only one taxpayer," said CTF national research director Derek Fildebrant.

He added the surplus should be returned to taxpayers in the form of tax relief.

STEVE COLLINS

STEVE COLLINS/FOR METRO

▶ City infrastructure boss Wayne Newell.

New rule on buying a home: Go modest

Ottawa market has many price points, likely won't be hurt by new rules: OREB president

SEAN MCKIBBON
@METRONEWS.CA

Would-be first time home buyers may have to save up longer and opt for more modest houses because of new mortgage rules announced by the federal government yesterday, say local real estate experts.

"Maybe it just means they will need to be a little more prudent about the type of home they buy," said Joanne Tibbles, president of the Ottawa Real Estate Board (OREB).

"Will it limit some people and make it more difficult to borrow? Yes it will. That's exactly what it's intended to do," said Pierre De Varennes, owner of Royal LePage Performance realty, who said he always advises client to make certain the home they buy is within their means.

"No one wants to be house poor."

Cutting debt

Federal Finance Minister Jim Flaherty has unveiled three new rules he said are aimed at reducing Canadians' household debt.

- **Reduced** Mortgage amortization periods will be reduced to 30 years from 35 years.
- **Limit** The maximum amount Canadians can borrow to refinance their mortgages will be lowered from 85 per cent to 90 per cent.
- **Risk** The International Monetary Fund has called household debt the No. 1 risk to the Canadian economy.

147 The ratio of household debt to disposable income has reached 147 per cent.

FRED CHARTRAND/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty concludes a news conference on household debt, held yesterday. Flaherty has announced new mortgage regulations aimed at reducing Canadians' soaring household debt.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small on whether it's time to start investing in U.S. banks. More at metronews.ca/investing.

Follow us on Twitter @metroottawa

100-year-old scotch returns from Antarctica on a private jet. Scan the code for the story.

Sitting in for Regis Philbin

After winning thousands of votes, Ottawa's Jeff Mauler from Hot 89.9 will be sitting in Regis Philbin's chair next week to co-host ABC's Live with Regis and Kelly show.

The Ottawa-raised co-host will join four other American radio personalities as they each fill in for Philbin for one day next week while he is on vacation.

"I'm overwhelmed by the support," Mauler said yesterday after learning the good news.

"I'm personally thanking every person who emailed me and thanking them for voting for me."

Mauler is asking his listeners to suggest a Canadian artifact to bring his co-host, Kelly Ripa.

JOE LOFARO

TRIPP PHOTOGRAPHY/FOR METRO

▶ Hot 89.9 co-host Jeff Mauler said his dream would be to interview actress Betty White.

News in brief

Drivers hit 3 pedestrians

DOWNTOWN. Drivers hit three pedestrians downtown yesterday. A 24-year-old man was listed in serious but stable condition after a car hit him at Bronson Avenue and Brewer Street. Vehicles also hit two women. Both are in stable condition. Police are investigating.

METRO

Water service set to resume

BREAK. Water service to Vincent Massey Public School and nearby homes was to resume yesterday evening after a watermain break on Smyth Road. Meanwhile, a watermain that broke Friday is fixed.

METRO

ELECTION POSTURING

On the campaign trail?

When the prime minister starts wandering around his office on camera with a Beatles mug in hand, can the blue sweater-vest be far behind?

Federal leaders are ramping up the election posturing, complete with leaders' tours, policy rollouts and TV ads.

The Conservatives released a flurry of six ads yesterday that attack Liberal Leader Michael Ignatieff, NDP Leader Jack Layton and Gilles Duceppe of the Bloc Quebecois.

Ignatieff, who is on an 11-day election-style tour, dismissed the ads as "rubbish."

Meanwhile, a Canadian Press Harris-Decima poll yesterday found the Tories with an eight-percentage-point lead on the Liberals, 36-28, with the NDP at 15 per cent nationally. THE CANADIAN PRESS

Outrage follows 'Baby Doc' return

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Jean-Claude Duvalier and his wife, Veronique Roy, arrive at Toussaint Louverture airport in Port-au-Prince on Sunday.

Surprise homecoming leaves many in Haiti baffled ◗ Former dictator claims he wants to help

Canada's Haitian community reacted in disbelief yesterday to the news that Jean-Claude (Baby Doc) Duvalier returned to Haiti on Sunday after 25 years of exile in France.

Among those expressing shock was Canada's former governor general. Michaëlle Jean has in the past spoken about being traumatized by images of blood-soaked walls during a visit to a police station where her father was tortured.

In Paris for a conference on Haiti, Jean said she was "astounded" and said the former dictator deserved to face justice for his crimes.

"Will a quarter-century of comfortable exile in impunity be enough to make Haitians forget the horrors, the suffering, the injustice as well as the human and economic cost of decades of Duvalierist dictatorship?" said Jean, a UNESCO envoy to Haiti. Duvalier ruled the country from the death of his father, Francois (Papa Doc) Duvalier, in 1971 until he was ousted in 1986.

"How can he come back to Haiti without warning, like a citizen, without reproach?"
MICHAËLLE JEAN, CANADA'S HAITIAN-BORN FORMER GG

Yesterday, he reportedly ensconced himself in a Port-au-Prince hotel, where he met with allies and spoke publicly only through emissaries, who insisted he is merely an elder statesman who wanted to see the effects of the 2010 earthquake on his homeland. THE CANADIAN PRESS

Jewish leaders decry attacks

Montreal's Jewish community fears it is being targeted in an orchestrated campaign of hatred, after three synagogues, a Jewish school and daycare had their windows smashed with rocks on the weekend.

Police suspect the attacks are related and are hoping surveillance video might offer some clues.

The Quebec Jewish Congress yesterday denounced the attacks as a threat to "our society's values of liberty and tolerance." THE CANADIAN PRESS

Targeted

- **The attacks came as some** Montrealers, including Liberal MP Marlene Jennings, headed out to buy shoes in support of a store that sells footwear made in Israel and is being boycotted by other Montrealers.
- **B'nai Brith said the** attacks brought back "painful memories" of the firebombing of United Talmud Torah School just before Passover in 2004.

No charges in freezing death

Neighbours will not face charges in the death of a Toronto woman who froze in a driveway after her cries for help were ignored, Toronto police said. The 66-year-old, who suffered from Alzheimer's, was found yesterday morning after spending the night in -20 C weather. THE CANADIAN PRESS

Giffords' recovery steady

Gabrielle Giffords, the U.S. congresswoman shot during a community event, has been able to smile and focus her eyes, her husband, astronaut Mark Kelly, said yesterday. Kelly said his wife has improved so much she has even been able to give him a back rub. THE ASSOCIATED PRESS

HASSENE DRIDI/THE ASSOCIATED PRESS

▶ Leila Trabelsi: Hated even more than her husband.

Tunisian first family turfed

The end of President Zine El Abidine Ben Ali's iron-fisted 23-year rule brought joy to many in Tunisia, and they were especially elated at the prospect of life without his wife and her rapacious family.

The clan of Leila Trabelsi was widely despised as the ultimate symbol of corruption and excess. The one-time hairdresser and her 10 siblings are said to have operated like a mafia, extorting money from shop owners and divvying up plum concessions among themselves such as banks and airlines, car dealerships and media outlets.

"They are thieves, tricksters and even killers," raged Tunis resident Mantasser Ben Mabrouk. "Their only goal was to make money in whatever way they could."

Prime Minister Mohamed Ghannouchi yesterday announced the formation of a national unity government, allowing opposition into the leadership for the first time. Ghannouchi, a longtime ally of Ben Ali's, and several ministers retained their posts in the shakeup. Ghannouchi also said that political prisoners would be freed. THE ASSOCIATED PRESS

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Metro exclusive

A call for respect of all religions

Metro obtained this column exclusively from Tony Blair and Prince Ghazi Dedicated to promoting World Interfaith Harmony Week, the first week of February

THE ASSOCIATED PRESS

TONY BLAIR, LEFT, A ROMAN CATHOLIC, IS THE FORMER PRIME MINISTER OF GREAT BRITAIN. PRINCE GHAZI OF JORDAN IS A SPECIAL ADVISER TO KING ABDULLAH.

Around the world there is a struggle taking place about religion. The essence of it is this: Are people of religious faith prepared to regard those of a different faith with respect and dignity; or do they regard them as enemies because they do not share the same faith as them?

On Oct. 20, 2010, the UN General Assembly unanimously passed a resolution declaring the first week of February World Interfaith Harmony Week. Resolutions do not alter the world, but this resolution encourages people who believe in inter-religious harmony to stand up and be counted.

The resolution is unique in that it promotes harmonious interfaith relations in a way that draws attention to the scriptural and theological basis for mutual respect.

Its mention of "love of the good and love of one's neighbour" is important because while for believers the good is God, love of the good and the neighbour is the very essence of goodwill for all people. Thus the resolution includes everyone of all religions, faiths and beliefs, and those of no religion at all.

World Interfaith Harmony Week has unprecedented potential to turn the tide against religious tensions.

What can you do? If you are a religious figure, a preacher or a teacher, all you have to do is take up the theme of inter-religious harmony during the first week of February, in your sermon, preaching or writing. You can register your event at worldinterfaithharmonyweek.com.

If you are a layperson of goodwill, there are many things you can do. You could host a breakfast for neighbours of various faiths or invite them over for a chat; organize a multicultural bazaar; do joint community work; read together; pray together; or talk to your own families about the need for tolerance.

A good deed for interfaith harmony, even if the world moves in the opposite direction, is not like a vote for a candidate that loses: It still counts. It creates a ripple effect of goodness.

ENVIRONMENT

Team to check for CO2 leakage at farm

An independent group will investigate claims from a Saskatchewan couple that carbon dioxide from a CO2 capture operation is leaking out at their farm.

The International Performance Assessment Centre for Geologic Storage of Carbon Dioxide, also known as IPAC-CO2, is putting together a team to look at the protocols and practices in the Weyburn carbon capture and storage project.

That's where energy giant Cenovus injects CO2 into the ground to enhance oil recovery and fight climate change.

But Cameron and Jane Kerr, who own nearby land, say the gas is leaking, killing animals and sending groundwater foaming to the surface. The Kerrs released a consultant's report last week that claims to link high concentrations of carbon dioxide in their soil to the injected gas.

IPAC chief executive officer Carmen Dybwad says it will be a fact-based review.

"The object is not to determine fault or point fingers," Dybwad said in a news release.

"It is simply an analysis of whether there is leakage and, if so, to discover its root cause."

THE CANADIAN PRESS

Boy admits to killing Facebook friend: Cops

Lithuanian police say a 14-year-old boy has admitted killing a 13-year-old girl he met through Facebook.

Police spokeswoman Dalia Petrauskiene says the girl from the town Alytus was murdered after arranging on the popular social networking site to meet the boy, who lives in the capital Vilnius.

Her half-naked body was found at a bus stop outside Vilnius on Sunday.

The spokeswoman said yesterday that the boy confessed to the killing. If found guilty of murder he faces a maximum 10-year sentence.

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Bank predicts economy will grow this year

Corporate tax breaks should spark more business investment ◐ Stronger exports to the U.S. also key

Increased business spending will help Canada's economy grow this year, while the federal government will likely shy away from spending and focus on cutting its own debt, says a new report from CIBC World Markets.

"Policy-makers now have that credit buildup in their policy gun sights and will use higher rates and regulatory changes to bring spending into better line with income and cool mortgage demand," Avery Shenfeld, chief economist at CIBC, said in the forecast.

"It's time to start the borrowing diet now, and that means policies aimed at slower debt-financed consumption growth and a cooler housing market."

The report predicted that a slower buildup of government and household debt will cut growth in Canada's gross domestic product this year to just under 2.5 per cent.

But it added that stronger exports to the U.S. and more business investment due to recent corporate tax breaks will lead to solid and more sustainable growth in Canada.

It also says the loonie will creep away from parity for the first half of the year, as resource prices fall from their recent highs and Europe's banking problems pull down the euro. It says the lower loonie should return to near-parity by the end of the year. THE CANADIAN PRESS

Report

A new report by CIBC World Markets offers hope for the economy.

- **Buying power**
  Business investment will include spending on machinery and equipment in Canada and the U.S.
- **Good timing**
  The report came as new regulations aimed at reducing household debt were announced.

India taps Canadian jet maker

Bombardier is making further inroads in the world's largest democracy as Air India's regional carrier is looking to lease up to 20 CRJ-700 regional jets.

The airline has requested tenders to lease up to 20 planes from as it prepares for increased travel demand in the country.

THE CANADIAN PRESS

Market moment

TSX	Dollar
– 23.95 (13,440.11)	+ 0.23¢ (101.30¢ US)
Oil	**Natural gas**
– 51¢ US ($91.03 US)	1,000 cu ft Markets closed Gold contracts $1,361.20 (+7¢)

MARTIN KOZLOWSKI/POSTMEDIA

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

▶ Apple co-founder and CEO Steve Jobs

APPLE BOSS ON LEAVE

"I HOPE TO BE BACK AS SOON AS I CAN"

Apple Inc. co-founder and CEO Steve Jobs sent a note to employees yesterday saying he's taking a second medical leave of absence in two years so he can focus on his health.

No further information about his current condition was provided.

Jobs said he would continue as CEO and be involved in major decisions but has asked chief operating officer Tim Cook to be responsible for all day-to-day operations.

Jobs was "cured" of a rare form of pancreatic cancer in 2004. Then, during a six-month medical leave from January to June 2009, Jobs had a liver transplant. Shares of Apple have plunged in the past with news and rumours about Jobs' health.

THE ASSOCIATED PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to fi ve or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confi dential voice mail:

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ADD SOME COLOUR TO MID-WINTER BLUES

She says ...

JESSICA NAPIER

Christmas is long gone, I've broken all of my well-intentioned resolutions and my bank account is looking more tragic than ever. Frigid temperatures and a lack of funds have left me housebound this month and my mood, like the weather, has been icy at best. I am well and truly stuck in the post-holiday depressfest known as January.

It's not just me, of course. Psychologists (perhaps in collaboration with travel agents and chocolate makers) dubbed yesterday Blue Monday, allegedly the most depressing day of the year.

With this not-so-scientific fact in mind, here are five ways to help you defrost your chilly disposition and get out of your seasonal slump. And just think; if yesterday was the most depressing day of the year it can only get better from now on, right?

"... if yesterday was the most depressing day of the year it can only get better from now on, right?"

HIBERNATE WITH FRIENDS: If you can't beat the blues you might as well make wallowing a group activity. Play board games and put on bad movies you would feel guilty watching during patio season. Add wine when needed.

HIT THE SLOPES: If there's one thing Canadians do well it's inventing ridiculously dangerous winter sports. So why not strap on some skis and throw yourself down a steep rock face in the name of fun. Or forget the skiing and skip straight to the après activities, preferably anything that involves a roaring fire and a bearskin rug.

DECORATE: If below freezing temperatures have you trapped inside your apartment you might as well make it look good. Yes, you're broke from a season of overspending, but even small touches can go a long way. Invest in new couch cushions, craft colourful wall art and fill vases with fragrant flowers to remind yourself that spring is just around the corner (kind of).

FIND PLEASURE IN SOMEONE ELSE'S PAIN: Go online and look up temperatures in a much colder province. When you consider that it was –39 C in Eureka last night (that's in Nunavut for those of you who aren't Canadian geography nerds) the wind chill here doesn't really seem all that bad.

THROW A JERSEY SHORE THEME PARTY: Get a spray tan, turn up the heat and squeeze into your tightest Ed Hardy tube top. Invite like-minded Guidos and Guidettes over to fist-pump to the beat of your homemade club-anthem playlist. Drink Ron Ron Juice until you forget what season it is and try not to contract an STD by the end of the weekend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Dressing for success

Worth mentioning

Swiss bank UBS AG is revising its dress code after getting roundly mocked for suggesting employees wear skin-coloured underwear and avoid garlic breath.

The bank said yesterday it is whittling down its 44-page style guide to a more modest booklet that will concentrate on how to impress customers with a polished presence and sense of Swiss precision and decorum.

The existing code tells female employees how to apply makeup, what kind of perfume to wear and what colour stockings and lingerie are acceptable. It advises them not to show roots if they colour their hair and to avoid black nail polish.

"You can extend the life of your knee socks and stockings by keeping your toenails trimmed and filed," UBS tells its female staff. "Always have a spare pair: Stockings can be provisionally repaired with transparent nail polish and a bit of luck."

Men are told how to knot a tie, as well as to get a haircut every month and avoid unruly beards and earrings.

Both sexes were advised to avoid garlic or onion breath.

The guidelines recommended skin-coloured underwear for women and wristwatches for all to signal "trustworthiness and a serious concern for punctuality." THE ASSOCIATED PRESS

Swiss precision

How would you describe your dream job?

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Metro Minute at OSA art exhibition

Immerse yourself in the visual arts at the Ottawa School of Art's 2011 Fine Arts Diploma Alumni Exhibition at the Shenkman Centre. This exhibition offers an opportunity for students and community members alike to witness first-hand the high calibre and wide variety of media, techniques, styles and approaches to art produced by the alumni of the OSA fine arts diploma program. Featured artists include Pauline Clarkson, Gabriel Dale-Hill, Anna Carlman, Veronica Keith, Géraldine Petit-Gras, and more. The exhibit is open 9 a.m. to 5 p.m. Monday and Tuesday, 9 a.m. to 8:30 p.m. Wednesday and Thursday, 9 a.m. to 4 p.m. Friday, and 11 a.m. to 5 p.m. Saturday until Feb. 25. Admission is free. METRO

CONTRIBUTED

▶ The Ottawa School of Art is hosting its 2011 Fine Arts Diploma Alumni Exhibition at the Shenkman Centre.

2 scene

Morgan takes over King's CNN throne

British journalist has big shoes to fill ◗ Plans to be direct and not pull any punches in his interviews ◗ Obama or Boyle? How about both!

ANTHONY JOHNSON & RICHARD PECKETT
SCENE@METRONEWS.CA

Piers Morgan replaced legendary interviewer Larry King, who, before retiring, hosted CNN's nightly interview show broadcast across the globe for 25 years.

Morgan, one of Britain's most famous journalists, has enjoyed a professional career spanning more than 20 years that saw him evolve from a tabloid showbiz columnist, national newspaper editor to an international celebrity judge and interviewer.

Morgan found time to sit down with Metro.

How are you different from Larry King?
Well, I'm 32 years younger and I've had six less wives. So far! But seriously, I think that we come at interviews in a very different way. Larry prefers not to know too much about his guest so he can chat to them as if they are someone he just met in a bar, and that has worked brilliantly for him for so long. I'm a journalist, so I come at interviews in a more forensic way. I like to do a lot of research and preparation, so wherever the guest goes, I can go with them.

As an interviewer, will you maintain your bullish style?
Of course! I like being pretty direct, and I don't suffer fools or people trying to pull the wool over my eyes. My guests will get the experience their behaviour deserves. If they're smart and friendly, it will all go fine. If they're dumb and hostile, well — not so fine!

You have said you prefer to air a pre-recorded interview rather than live. What's the difference between a more theatrical, entertainment interview (pre-recorded) and a hard news one (live)?
A pre-recorded interview can be just as 'hard news' as a live one. If not more so. The interview is the same, you just have more time to market and promote the content across all media. As you've all seen with Oprah, we've managed to get so much stuff out there that the whole world knows about it, and there's a terrific buzz as a result.

Who would you rather interview — Susan Boyle or Barack Obama and why?
I'd like to interview both, maybe at the same time. After all, both are living the American dream, and both are human beings with the same vital organs as the rest of us.

Is there anything you wouldn't ask?
No. Nobody has to answer a question; there's no gun to their head. But an interviewer should always be free to ask whatever they like.

IAN GAVAN/GETTY IMAGES

▶ Piers Morgan takes over for Larry King on CNN. His show is on CNN at 9 p.m. (ET) every night.

News in brief

The Nielsen Co. says Sunday's Golden Globes ceremony was seen by almost 17 million viewers. It beat all network competition in its time period, slightly exceeding last year's audience for the film and TV awards show.

British comedian-actor Ricky Gervais returned as host, irreverently lampooning many of the nominees, presenters and even the sponsoring Hollywood Foreign Press Association.

THE ASSOCIATED PRESS

SCANLIFE

Tron: Evolution continues the sorry legacy of games based on feature films

DVD Releases this week

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Buried full of tension

Buried
Genre: Drama
Director: Rodrigo Cortés
Stars: Ryan Reynolds, José Luis García Pérez
◍◍◍◍

The pine box lies beneath the Iraq desert, exact location unknown. The man inside it is Paul Conroy (Ryan Reynolds), a civilian American trucker who's truck is caught in a firefight and now he's awake in the dark, covered in dried blood and sweat, with a limited supply of oxygen.

His unseen captors have demands, which begin with a $5 million ransom and a two-hour time limit.

Spanish director Rodrigo Cortés directs, from a script by Chris Sparling, and no secret is made of the desire to pay homage to Alfred Hitchcock.

Reynolds skillfully balances off Conroy's more frantic moments.

◍ PETER HOWELL

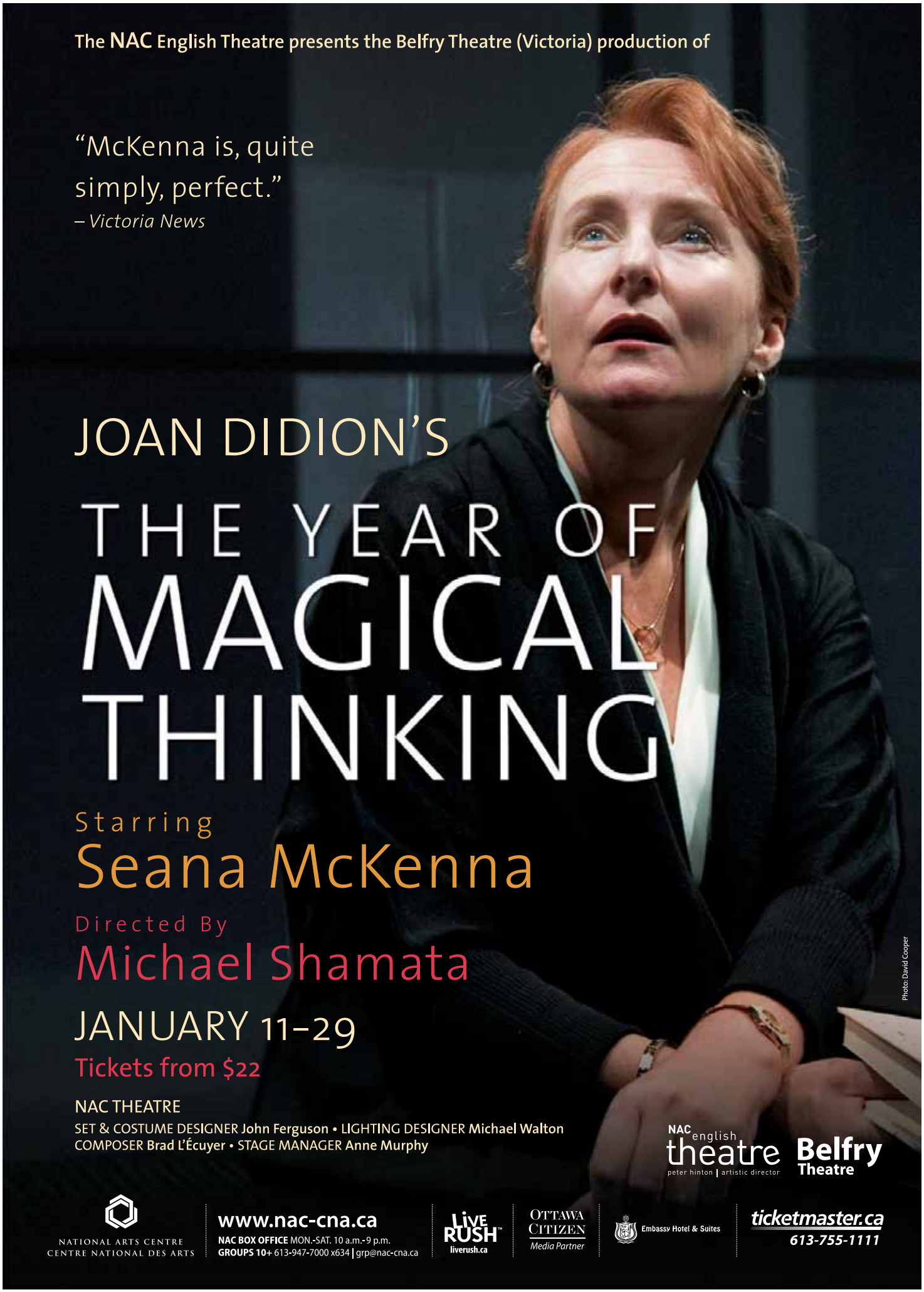
Takers
Genre: Action
Director: John Luessenhop
Stars: Chris Brown, Hayden Christensen, Matt Dillon
◍◍½

The slick young thieves of Takers are so into playing dress up, you wonder how they find time to plot their absurdly elaborate heists.

The heist part of the saga, which mainly involves a daring $25 million Brinks bash on the streets of L.A., isn't quite so impressive.

Most of the heisters, played by Hayden Christensen, Paul Walker, Chris Brown and Michael Ealy, simply fail the believability test. Fortunately, the takers are led by Idris Elba, of TV's The Wire, a mature man of physical and mental heft who actually looks as though he could do some damage to a security system.

◍ PETER HOWELL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We're not a couple, really: Sandra Bullock

ALL PHOTOS GETTY IMAGES

Denies rumours of romance with Ryan Reynolds

Sandra Bullock is doing her best to put the rumors about her and Ryan Reynolds to rest.

"I think there will be a collective sigh amongst women across the United Stated when I say he's not my lover," the Oscar-winner told Al Roker in an interview over the weekend.

"He's just an amazing friend for 10 years," she explained. "But I don't get his loving after dark."

METRO

Talking points

Fired staffer wants to meet with Lohan

Dawn Holland, the former Betty Ford Center staffer with whom Lindsay Lohan famously clashed with last month, wants to meet with the troubled starlet to bury the hatchet — and Michael Lohan thinks it's a fantastic idea.

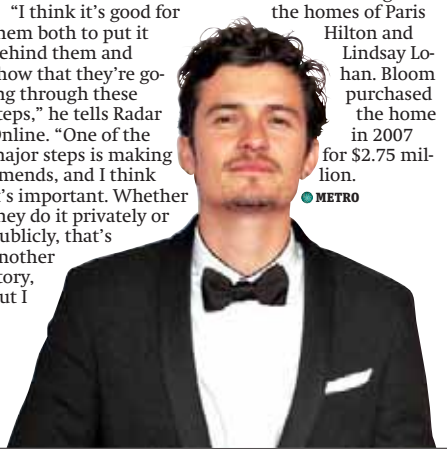
"I think it's good for them both to put it behind them and show that they're going through these steps," he tells Radar Online. "One of the major steps is making amends, and I think it's important. Whether they do it privately or publicly, that's another story, but I think Lindsay and Dawn will have that meeting."

METRO

But look what you get

Orlando Bloom is offering up his Hollywood Hills home for rent — for $18,000 a month, according to Radar Online. The four-bedroom, three-bathroom house was famously burglarized in 2009 by actress Alexis Neiers and a gang of teens, who also targeted the homes of Paris Hilton and Lindsay Lohan. Bloom purchased the home in 2007 for $2.75 million.

METRO



Orlando Bloom

Kanye West

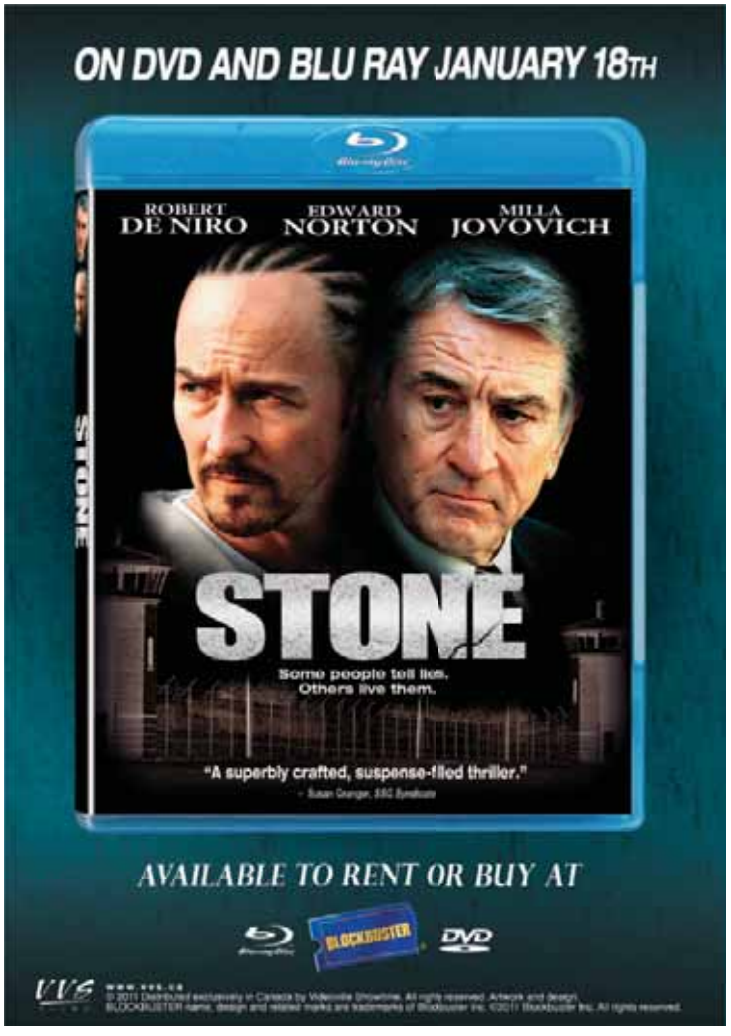
[@kanye west] Room service uuu-uugh! I hate when I order fruit and I can taste the other food they cut with the same knife. Beef flavored pineapples

Eva Longoria

[@eva longoria] Yes I am sitting next to Zac Efron. I'm sure millions of young girls are very jealous right now!

Elizabeth Banks

[@ElizabethBanks] Cold Coke in a bottle (the Mexican kind) opened in front of me, dripping ice down the sides and like Pavlov's dogs, I'm salivating.



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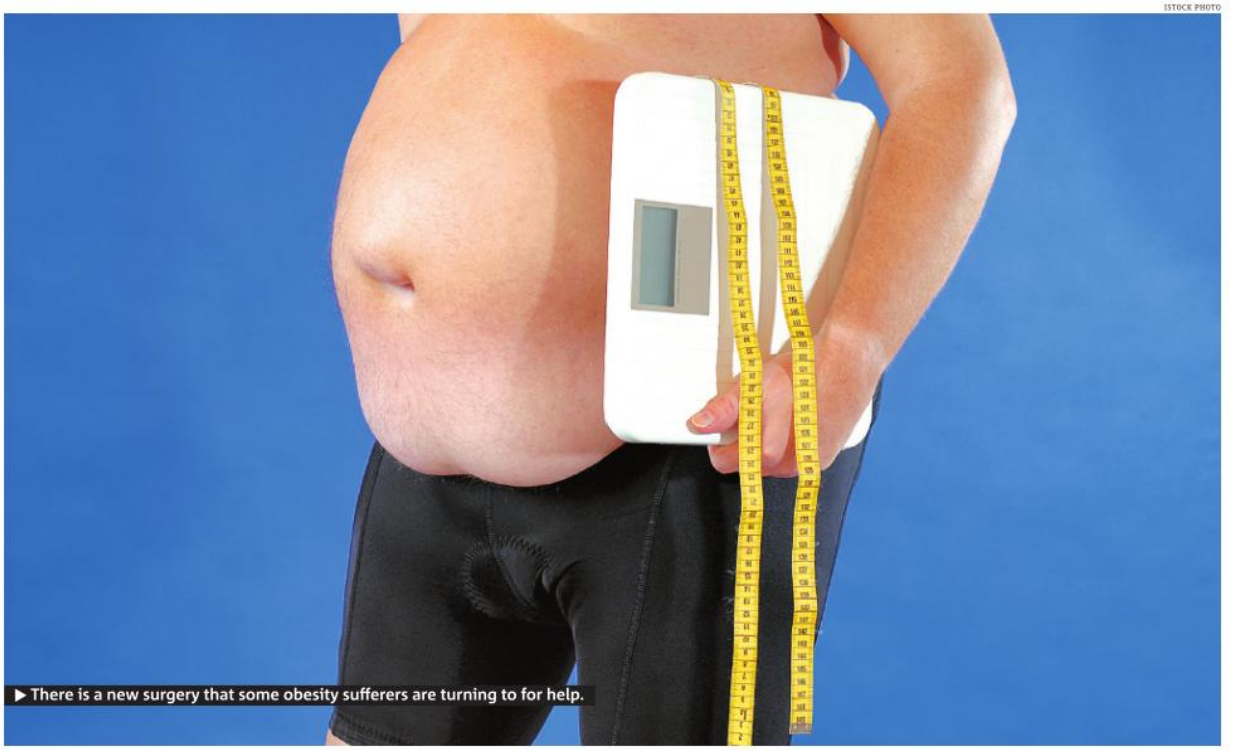

▶ There is a new surgery that some obesity sufferers are turning to for help.

On the band-wagon

Those struggling with obesity are turning to a revolutionary new idea
Belly bands are helping with diabetes, high-blood pressure and weight

CELIA MILNE
WELLNESS@METRONEWS.CA

It's a new weapon in the battle of the bulge.

Belly band surgery is increasingly popular among obese patients. Dr. Chris Cobourn, a general surgeon at The Surgical Weight Loss Centre in Mississauga, performs Lap-Band surgery, and watches as patients as heavy as 575 pounds lose weight and get healthy.

"They love their band. No one wants to be obese. They are incredibly frustrated and depressed and a lot of patients have low self-esteem. This gives them a simple, elegant solution and they are the happiest patients in the world," says Cobourn.

"It's very safe," he adds. "We've done over 3,000 here with no major complications or deaths."

Lap-Band surgery is not for folks who just want to lose 10 pounds. It's for those with a body mass index (BM) over 35 or a BMI over 30 who also have medical problems such as diabetes, high blood pressure or sleep apnea. "It should be about improving one's health. The goal is to induce significant weight loss and keep it off," says Cobourn.

The Centre has a clinic in Vancouver and hopes to open soon in Calgary and on the east coast.

Lap-band surgery is done laparoscopically, and takes about half an hour. The surgeon places an adjustable band around the upper stomach, which decreases the amount of food the stomach can hold. The band can then be adjusted through an access port just under the skin on the abdomen. People generally return to work after about four days. The idea is to lose one or two pounds a week. When weight plateaus, the band gets tightened. If a female patient gets pregnant, the band can be loosened. The procedure has been successful, says Cobourn.

"Only about 10 per cent of patients either didn't lose 25 per cent of their body weight, or asked to have their band removed."

Fat stats

Here are some statistics on obesity from the Public Health Agency of Canada.

- **Obesity** Canada's rate of obesity is about 25 per cent, and rising.
- **Young people** Obesity in young people ages 12 to 17 is at about 10 per cent.
- **Health care** In 2005, obesity-related chronic conditions were thought to cost $1.8 million in direct costs (such as health care) and $2.5 billion in indirect costs (such as absenteeism and loss of productivity).

3 life

Gamers

Young problem gamers who play compulsively on their consoles and computers may be at greater risk than others for mental health issues such as anxiety and depression, a new study suggests. In Pediatrics, researchers conclude that while game playing itself is not pathological initially, it becomes so for some individuals when the activity becomes dysfunctional.

THE CANADIAN PRESS

Don't exceed top dose of acetaminophen when taking painkillers: Health Canada

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A reminder from your eye health professionals:
Visiting your optometrist regularly is good prevention.
An eye exam will identify vision problems and eye diseases that may affect your daily life.

Top five ways to get more energy

1 Go easy on the caffeine: Who doesn't rely on their morning latte to get started in the morning? One or two cups will make you feel better, but anything beyond that will have the opposite effect.

2 Take a walk outside: Nothing beats a good dose of fresh air and oxygen. Go for a walk.

3 laugh out loud: Laughing releases tension and is one of the best and easiest ways to work your abs.

4 Have a power nap: Ten minutes is enough to avoid mid-afternoon slumps

5 Blow your nose: Blocked sinuses could cause breathing problems both during the day and at night, leading to a fuzzy mind and/or snoring.

ROMINA McGUINNESS

Thoughts on... Luck

It is a prevalent belief that luck plays a factor in anyone achieving monumental success and riches.

But luck or chance are simply words used to define being in flow. When you are in flow with your life, luck will be there. It's only when we are out of flow that luck seems to evade us or not even notice we are alive.

Life prefers individuals who can help themselves. So the next time you see someone doing well in life or living the life they worked hard to achieve — rather than say it was luck — simply ask the person how they did it. Believe me, what you hear will be contrary to what you thought.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

ADVERTISING FEATURE

YOUR DENTAL HEALTH

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THE HEALTH OF YOUR TEETH MAY BE ALL IN THE GENES

No doubt many of you are parents of young children. We know that you are very conscientious in all aspects of their health care, including their oral health. That means **you are helping them brush and floss every day!**

Yet many of you might have noticed that when it comes to dental check-ups, one of your children always seems to be in better oral health than the other. Perhaps your best efforts at brushing and flossing are being undermined by a child who is an expert at sneaking sugary foods into bed late at night.

Afterall, eating such foods after brushing allows for **bacteria and plaque build-up to occur unchecked throughout the entire night** – not a good situation for one's teeth! If you can put a stop to that behavior, you will likely find a dramatic improvement when it comes time for dental check-ups!

But what if neither of your children is cheating by sneaking additional late-night, sugary snacks? **What if the same quality of dental care to both children still results in one of them maintaining better oral health than the other?**

It simply may be a sign that one of your children is more **genetically predisposed to oral health care problems** than the other. The fact is that, just as genes play a significant role in determining physical factors such as our height, weight or hair color, they also play a role in determining the condition of our teeth.

Dr. Bao Nguyen
Dental Surgeon

For example, some people are fortunate enough to have strong, thick enamel coating their teeth. Other people are not so fortunate. Their enamel may be thinner and weaker. **Thin, weak enamel does not form as effective a barrier against bacteria and plaque with the result being that such individuals may be more susceptible to decay.**

The treatment required to ward off decay will depend upon the severity of the genetic condition. Perhaps more frequent brushing and flossing, as well as visits to the dentist every 3 or 4 months, will be sufficient to maintain good oral health.

In other cases, the genetic condition can be more serious and may require more active intervention. For example, some people actually suffer from a condition known as ***amelogenesis imperfecta***. This is a condition where the **enamel is so thin and poorly formed that the teeth may appear smaller, thinner and more yellow** than normal for healthy teeth.

People who suffer with this condition may find that their teeth are easily damaged. In more severe cases, it may actually appear that the teeth are crumbling. These individuals may have to consider **crowns to protect their teeth.**

The good news is that, regardless as to the extent of the genetic condition, there are treatment options which can help preserve your oral health, or that of your children. If your best efforts are not resulting in good dental check-ups, talk to your dentist about what options might be best to help you protect your teeth. You may not be able to change your genes, but tailoring your health care habits to deal with them is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

Steamed Rice Express is a healthy alternative

The buffet-style lunch spot is inexpensive & serves a variety of dishes

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Steamed Rice Express, located in the old Sukhothai location in Bells Corners has big shoes to fill.

And it's off to a promising start.

This place is a buffet-style, weigh-your-platter type of place. It's clean, sleek and modern, but has the feel of a cafeteria, albeit a nice one.

I filled my plate with an overflowing spoonful of jasmine rice, topped it with Coconut Chicken Curry, Asian Jerk Pork and Korean Fried Chicken.

The Asian Jerk Pork had the perfect zing of heat but the Coconut Chicken Curry was too mild and dull. The Korean Fried Chicken was fall-off-the-bone tender and perfectly sweet.

The best part of the experience was the summer rolls that were rolled to order. The peanut sauce to dip my chicken roll in was so good I returned another day to buy just the sauce for a fondue dinner party.

With a glass of triple-filtered water, this is an inexpensive but healthy lunch alternative.

RDN

▶ Steamed Rice Express offers a buffet-style lunch option.

Steamed Rice Express
130 Robertson Rd.
613-688-2939
Price range: $
Rating: 4 out of 5
Reservations: No

Argentina's wine scene

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Raise your glass if you remember life before the internet.

Back then if you wanted to learn about something, you had to read a book.

Call me old fashioned, but I still love the smell and feel of freshly printed text and have found it kind of sad that while cookbooks seem to be thriving, the release of great wine books has become few and far between.

That's what makes Vino Argentino: An Insider's Guide to the Wines and Wine Country of Argentina (Chronicle Books, $31.95) by Laura Catena such a breath of fresh air.

Not only is it the first really comprehensive volume on the exploding Argentinean wine scene; Catena explores in great detail (and with much love) wine's relationship to Argentina's culture and food.

Her father, Nicolás Catena, owns Catena Zapata in Mendoza — one of Argentina's premier wineries, which I had a chance to tour last year.

Though the selection of Catena Zapata wines varies across the country, I recommend trying any and all of them especially their entry level juice.

The 2009 Alamos Chardonnay ($13.95 - $14.99) is smooth and citrusy with a touch of oak that makes it a tasty match with creamy white sauces and shellfish.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

THE CANADIAN PRESS/ HO

▶ Whoopie Pies.

Sandwiches aren't just for lunch anymore

Ingredients:

Whoopie Pies
- 125 ml (1/2 cup) unsweetened cocoa powder
- 250 ml (1 cup) milk
- 500 ml (2 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) butter, softened
- 1 egg
- 5 ml (1 tsp) vanilla

Filling
- 10 ml (2 tsp) unflavoured gelatin powder
- 125 ml (1/2 cup) milk
- 75 ml (1/3 cup) icing sugar
- 10 ml (2 tsp) vanilla
- 250 ml (1 cup) 35 per cent whipping cream

Preparation:

1. Preheat oven to 180 C (350 F) with racks in upper and lower thirds. Line 2 baking sheets with parchment paper.

2. In a bowl, whisk milk into cocoa. In another bowl, whisk flour, baking powder, baking soda and salt. In a bowl, using an electric mixer, beat sugar and butter until fluffy; beat in egg and vanilla. Using a spoon, stir in flour mixture alternately with milk mixture, making 3 additions of flour and 2 of milk, until blended.

3. Drop batter in 8 mounds onto 1 baking sheet, at least 7.5 cm (3 inches) apart; make 8 more on second sheet. Bake, switching pans on racks halfway, for about 15 minutes. Let cool on pan for 2 minutes. Transfer to rack to cool completely. Repeat to make 8 more, reusing 1 sheet; bake on middle rack.

4. **Filling:** In a small saucepan, sprinkle gelatin over milk; let stand for 5 minutes. Heat over medium-low heat, stirring, until gelatin is dissolved. Pour into a bowl; stir in sugar and vanilla and let cool to room temperature. In a chilled bowl, using an electric mixer, whip cream until almost stiff peaks; gradually beat in milk mixture. Cover and refrigerate for about 30 minutes until set.

5. To assemble, spread flat side of half the cakes with filling. Sandwich with remaining cakes. Decorate as desired.

THE CANADIAN PRESS

60 seconds

▶ Stephane Goulet, left, and Samantha Fraser, a couple in an open marriage, are featured in the CBC documentary Thoroughly Modern Marriage.

DOES MARRIAGE STILL MATTER IN CANADA?

When it comes to marriage, the times certainly are changing in Canada. For the first time in Canadian history, single people outnumber married people. Thoroughly Modern Marriage, a documentary by filmmaker Sue Ridout, takes a closer look at the institution of matrimony in our country. Metro recently had a chance to interview Ridout.

We know that single people in Canada outnumber married people right now. But we also know that there has been a 33 per cent increase in mixed-race couples in Canada in less than a decade. So how will Canada's growing multiculturalism affect marriage numbers in the future?

Multiculturalism certainly does have an effect on the marriage rate, but not to such an extent that we'd see a pronounced spike in the numbers. The number of families headed up by married couples in Toronto and Vancouver, for example, tends to be slightly higher than the average number for the rest of the country, and Statistics Canada attributes that to the high rates of immigration to those two cities.

Immigrants are more likely to get married than native-born Canadians, but it is also true that as the number of common-law couples continues to rise, and the number of arranged marriages in immigrant groups continues to decline, the overall effect on the national marriage rate will not be huge.

Compared to other G8 countries, where do you think Canada ranks in terms of our marriage numbers?

It sounds very Canadian, but Canada tends to sit somewhere in the middle.

The U.S. marriage rate is usually about double that of Canada — Americans are much more conservative in their attitudes toward marriage versus cohabitation, but it should be added that while they get married more, they also get divorced more, too. Canada's rates of marriage and cohabitation are always affected by the inclusion of Quebec, which overwhelmingly rejects marriage in favour of common-law unions.

Overall, Canada's statistics on marriage, divorce and cohabitation tend to be somewhere between a more conservative U.S., and a less conservative Europe and the U.K.

Thoroughly Modern Marriage airs this Thursday at 9 p.m. on CBC's Doc Zone.

Marriage is seen as a status symbol for many. As well, there is a multi-billion dollar industry devoted to it. So, how would the world be different if marriage didn't exist? Do you think we need marriage in society?

Marriage hasn't always been a status symbol, but it certainly is today and I think that's tied into our quest for personal fulfillment.

We see it as the capstone, as a way of telling our friends and families that we have "made it" and can now celebrate our partnerships.

In the old days, young people were married off by their families in a union that was seen as a way of advancing economically and socially. For a woman, it was important to make a "good" marriage and marry a man whose family was better off than yours.

Now, because of longer post-secondary education and a tighter job market, people are waiting longer — five years on average, which statistically is significant — to get married, and their families have less and less to do with it. They start a career, they buy a condo or house, they even have children together — and then they say to one another, this seems to be working out and we're settled now, so why not get married? It's become a symbol of personal achievement.

The number of common-law unions may be climbing, but many of them still culminate in a marriage. Seventy five to 80 per cent of Canadians still get married at some point in their lives. METRO

CROSSING PATHS

Names:
Barbara, 39, and Louis, 38
Current city:
Markham, Ont.
Together since:
2006

Their story:

Louis and I (Barbara) met online in 2006. After a couple of missed emails, we spoke on the phone and went on our first date within a week. On that date, we discovered that we had grown up across the street from each other. Louis remembered seeing me as a teen waiting for the school bus. We also discovered we had worked in the same building for three years as young adults, and then again only blocks away for different companies years later. It seemed to us that we had crossed paths many times in life, but had never actually met. After that first date, we talked every single day. And seven months exactly after that first date, we bought our first house in Markham. We got married last July in Amalfi, Italy.

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▶ Barbara and Louis

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Woman: The boss of money

ON MONEY

ALISON GRIFFITHS
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Alison's Money Rule: If you want to know how and why money is spent, look to women.

Women are lousy drivers, shopaholics and emotional. These are all well-worn stereotypes in the gender game.

Here are a couple more: women aren't good with money and we are intimidated by financial issues.

But, when the stereotype is subjected to the hard light of research, a female of a whole different order emerges.

According to a new survey commissioned by Barbara Stewart (CFA), portfolio manager with Cumberland Private Wealth Management in Toronto, women today more closely resemble Rosie the Riveter in the realm of money than any blonde moment stereotype.

We're strong, confident, involved and in control.

After reading the results of a national Angus Reid Public Opinion poll released in December, one can only come to a single conclusion — women are the boss of money.

Stewart, who has been advising high net worth clients for 15 years, had heard all the stereotypes about women and money and she was sick of them.

And it irked her that much in the delivery of financial services to women was based on the stereotypes of a gentler, more conservative and fearful sex.

The survey, conducted in conjunction with six focus groups led by Stewart and 25 in-depth interviews, includes one jaw dropping stat — 89 per cent of respondents laid claim to being the final decision maker on all matters of household spending.

▶ According to StatsCan, household spending averaged over $71,000 per family in 2009.

Equally interesting, the same percentage indicated that financial decisions should be made in conjunction with their life partner.

But only 51 per cent of respondents actually walked the walk and consulted with their mates about spending decisions.

63%

Number of women who feel confident about their financial management capabilities.

Household spending is a mammoth area. We're not just talking about cereal and soap.

It's everything from clothes and renovations to electronics, recreation, medical and education. In 2009, household spending averaged more than $71,000 per family, according to Statistics Canada. And women run the show.

My own informal research shows that women are increasingly making the decisions in the investment arena.

That means anyone with RRSP investment products to sell over the next six weeks had better pay attention to the fairer sex.

Never Too Late for retirement plan: Vaz-Oxlade

Gail Vaz-Oxlade was in her 20s when she first started funnelling funds into a retirement savings plan, but not because she wanted to save money for her golden years.

"I wanted a fur coat," the longtime financial writer and TV host said candidly. "That's why I started contributing to an RSP."

"I could not justify buying a fur coat on my income."

Vaz-Oxlade said she waited for her tax refund to make the first deposit, and finished paying off the coat on layaway the following year. She used the same strategy to buy her first car.

"That way, I was getting what I wanted, my savings were getting what it wanted, and I did this for years and years and years," she recalled. Vaz-Oxlade eventually gave the coat to a friend who was moving north and had the car for about three years.

"It was very very, third-hand," she recalled, laughing.

"But that's the other thing. If you put all your stock in bright and shiny,

NATHAN DENETTE/THE CANADIAN PRESS

▶ Gail Vaz-Oxlade

you're never going to have any money for anything else, because so many people put bright and shiny before solid and secure. I'm the solid and secure girl."

Viewers of Slice's Til Debt Do Us Part and Princess know host Vaz-Oxlade pulls no punches when it comes to dispensing tough love to debt-ridden individuals and families, many of whom are spending and living well beyond their financial means.

The personal finance guru is bringing her no-nonsense approach to her latest book Never Too Late (HarperCollins), where she offers guidance to those ready for retirement planning but unsure of how to get started. THE CANADIAN PRESS

Fun and Frugal

LESLEY SCORGIE
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AFFORDABLE ART

You don't have to buy a van Gogh to enjoy art. Art comes in many broad categories – theatre, music, literature, dance, food and travel.

There are affordable and smart ways to infuse the arts into your lifestyle.

Many communities host free festivals, corporations sponsor plays and concerts, libraries and book shops promote literary events, and local governments foot the bill for tours or lunchtime performances.

Local events are often promoted through newsletters, Facebook, Twitter or community websites. Check with your employer or social club to see if you get freebies or discounts on tickets. If you travel, investigate local hot spots for the arts. You may find a Jazz bar, Shakespeare in the Park or reduced price tickets for Broadway.

Another affordable way to access art is to volunteer — join a fundraising committee for your local art gallery, teach an acting class, donate to a painting program, or write articles for a travel magazine.

Through careful selection of quality and smart shopping, physical pieces of art can be reasonably priced and may even grow in value.

Of course it doesn't make sense to purchase a Botero sculpture while you're hacking away at student loans and a mortgage.

But, as your career and income grows, you can plan ahead for artistic expenditures, stick to a realistic budget and avoid expensive payment plans.

Think of it like this: if there's a $5,000 painting or sculpture you're dying to have, start saving $420 monthly and buy it in one year or use your bonus or tax return. Don't go into debt for art because the value of art can be volatile, and therefore it can't be considered good debt.

When you're ready to buy art, take your time and shop around. Speak to professionals like a gallery director.

A good gallery director will spend time with you to help you find a piece of art you love and that's within your budget.

Through personal referrals and on the Internet, research artists, auction houses, and galleries.

If you need help deciding on a particular style you like, visit many galleries and comb through websites of museums, or even art.com.

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4 sports

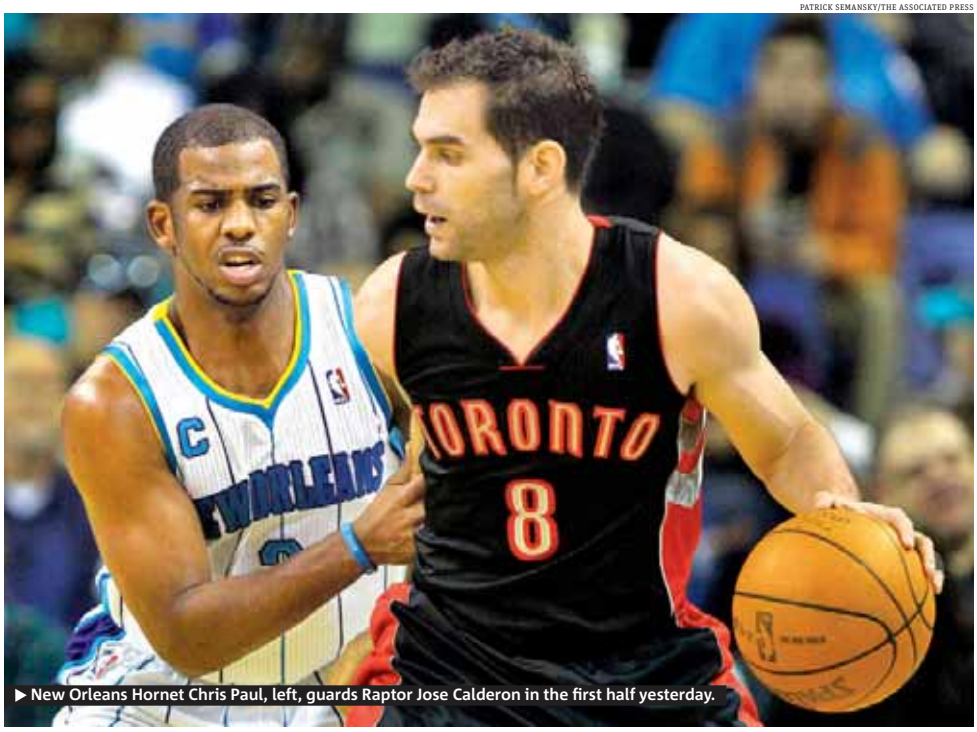
Quoted

"It's cool because all I hear is, 'He can dunk and jumps high' ... People question the other skills and as a basketball player, you take that personally."

LOS ANGELES CLIPPERS ROOKIE POWER FORWARD BLAKE GRIFFIN AFTER SCORING A CAREER-HIGH 47 POINTS AND 14 REBOUNDS IN A 114-107 WIN OVER THE INDIANA PACERS YESTERDAY.

Scan code for more sports

PATRICK SEMANSKY/THE ASSOCIATED PRESS



▶ New Orleans Hornet Chris Paul, left, guards Raptor Jose Calderon in the first half yesterday.

Hornets push back for a win

Raptors let 12-point third-quarter lead slip away en route to their fourth-straight loss ◐ PF West leads Hornets, scoring final seven points

85	81
HORNETS	RAPTORS

David West's clutch shooting and defence in the final minutes helped the New Orleans Hornets survive an upset bid by the Toronto Raptors.

West had 23 points and 10 rebounds, and the Hornets beat the Raptors 85-81 yesterday for their fifth straight win.

West's jumper with 31.7 seconds left put New Orleans ahead 83-81. He then preserved the lead with a block on Amir Johnson in the paint, got the rebound, was fouled and hit two free throws for the final margin.

Former Raptor Jarrett Jack added 17 points — 15 in the second half — while Chris Paul had 11 assists.

DeMar DeRozen led all Toronto scorers with 23 points.

Toronto was without starting forward Linas Kleiza. Coach Jay Triano chose to start former Hornets first-round draft choice Julian Wright, who had 11 points and six rebounds in Kleiza's place.

THE ASSOCIATED PRESS

Sloppy Raptors

The Raptors shot 44.6 per cent to the Hornets' 39 per cent.

- **Toronto** had 16 turnovers and allowed 19 offensive rebounds, which led to 15 second-chance points.
- **Former Hornet** Jarryd Bayless missed his second straight game with a sore left ankle.

Marino advances, Dancevic downed

Vancouver's Rebecca Marino advanced into the second round of the Australian Open yesterday, while Canadian qualifier Frank Dancevic lost his opening match by France's No. 28 Richard Gasquet.

Marino, ranked 106th in the world, won her second career Grand Slam match, defeating Japan's Junri Namigata 6-2, 4-6, 6-3.

"I'm pretty happy with how I played in the third set," said Marino. "I went up 5-0, I had a good intensity level, serving and returning was good."

The 20-year-old Marino, who failed to qualify at preliminary WTA events this month in Brisbane and Sydney, will face her second top-10 opponent in as many majors when she plays French Open champion and sixth seed Francesca Schiavone in the second round.

Marino lost to Venus Williams at last year's U.S. Open after advancing to the second round as a qualifier.

Schiavone advanced with a 6-7 (4-7), 6-2, 6-4 win over Arantxa Parra Santonja of Spain. Marino and Schiavone have never faced each other.

Later yesterday, Dancevic, from Niagara Falls, lost 6-3, 6-4, 6-4 to France's Richard Gasquet. It's the third time in his career Dancevic has lost a first-round match at the Australian Open. He reached the second round once in 2007.

Dancevic, the world No. 269, was held to just a pair of aces and hampered by 29 unforced errors, losing serve six times.

"Conditions were slow and he completely took away my biggest weapon, my serve," said Dancevic.

THE CANADIAN PRESS

Jays add another arm to their bullpen

The Toronto Blue Jays have signed free-agent reliever Jon Rauch to a $3.5-million US, one-year deal.

The agreement includes a one-year club option worth $3.75 million.

The six-foot-11 right-hander posted a 3-1 record with a career-high 21 saves and a 3.12 ERA for the Minnesota Twins last year.

41 Total saves for Rauch over 415 career games with the White Sox, Expos, Nationals, Diamondbacks and Twins.

Rauch, 32, joins Octavio Dotel in Toronto's remade bullpen and gives the club another option for a closer.

THE CANADIAN PRESS

GREGORY SHAMUS/GETTY IMAGES

▶ Jon Rauch

Sports in brief

Favre retires once again

NFL. Brett Favre is following through on that vow to finally end his career after 20 NFL seasons.

League spokesman Greg Aiello confirmed that the Minnesota quarterback had filed his retirement papers with the NFL. The news was first reported by Fox Sports on its website yesterday. THE ASSOCIATED PRESS

Giambi signs with Rockies

MLB. The Colorado Rockies are bringing back the big bat of Jason Giambi to go with the strong arm of right-handed reliever Matt Lindstrom.

The hard-throwing Lindstrom and the Colorado Rockies agreed to a $6.6-million US, two-year contract yesterday, the same day the club agreed to a minor-league deal with the 40-year-old Giambi.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	45	29	11	2	3	155	120	63	13-6-0-2	16-5-2-1	7-3-0-0	W2
d-Boston	45	25	13	2	5	139	101	57	12-8-1-2	13-5-1-3	5-2-1-2	W1
d-Tampa Bay	46	26	15	3	2	137	148	57	13-4-1-1	13-11-2-1	4-5-0-0	L2
Pittsburgh	46	28	14	2	2	146	109	60	14-9-1-0	14-5-1-2	4-4-0-2	W2
Washington	46	25	14	4	3	131	121	57	16-5-2-3	9-9-2-0	5-2-2-1	W1
Montreal	46	26	17	3	0	117	111	55	16-6-3-0	10-11-0-0	6-3-1-0	W2
NY Rangers	47	26	18	2	1	132	115	55	11-10-1-1	15-8-1-0	5-4-1-0	L2
Atlanta	47	22	18	3	4	143	151	51	11-9-1-2	11-9-2-2	3-6-1-0	L4
Carolina	45	22	17	2	4	135	142	50	11-7-1-1	11-10-1-3	5-3-2-0	L1
Florida	43	21	20	1	1	119	113	44	11-8-1-1	10-12-0-0	5-3-1-1	W3
Buffalo	44	19	20	5	0	121	131	43	10-11-1-0	9-9-4-0	5-4-1-0	L1
Toronto	44	18	21	2	3	114	132	41	9-10-2-2	9-11-0-1	5-4-0-1	L2
Ottawa	46	17	23	4	2	102	142	40	9-13-1-1	8-10-3-1	3-6-0-1	L2
NY Islanders	44	14	23	3	4	108	148	35	8-9-1-3	6-14-2-1	4-5-0-1	L1
New Jersey	45	13	29	2	1	90	140	29	7-13-1-1	6-16-0-0	4-5-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	45	29	10	3	3	149	109	64	15-3-1-2	14-7-2-1	7-2-0-1	L1
d-Detroit	45	28	11	4	2	157	131	62	14-5-3-1	14-6-1-1	6-2-1-1	W1
d-Dallas	45	27	13	1	4	133	118	59	14-6-1-3	13-7-0-1	6-3-0-1	W4
Phoenix	46	23	14	6	3	134	130	55	10-6-3-2	13-8-3-1	6-2-1-1	L1
Nashville	45	24	15	4	2	119	109	54	11-4-3-2	13-11-1-0	7-3-0-0	L1
Chicago	47	25	18	2	2	150	130	54	16-11-0-0	9-7-2-2	5-4-0-1	W1
Anaheim	48	25	19	2	2	129	135	54	17-7-0-1	8-12-2-1	7-3-0-0	W1
Colorado	45	23	16	6	0	148	143	52	12-8-3-0	11-8-3-0	4-4-2-0	W1
San Jose	47	23	19	4	1	136	133	51	11-10-2-1	12-9-2-0	3-7-0-0	W2
Los Angeles	44	24	19	1	0	132	113	49	15-8-1-0	9-11-0-0	3-7-0-0	W1
Minnesota	45	22	18	1	4	113	127	49	11-11-0-2	11-7-1-2	6-4-0-0	W1
St. Louis	44	21	17	2	4	119	128	48	14-8-0-2	7-9-2-2	4-5-0-1	W1
Columbus	45	21	20	3	1	118	142	46	12-10-0-1	9-10-3-0	4-5-1-0	L1
Calgary	46	20	20	2	4	126	137	46	11-8-0-1	8-12-2-4	5-2-1-2	L1
Edmonton	44	14	23	1	6	112	151	35	7-11-1-2	7-12-1-3	2-7-0-1	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Montreal 5 Calgary 4 (OT)
Boston 7 Carolina 0
New Jersey 5 N.Y. Islanders 2
San Jose 4 Phoenix 2
Atlanta at Florida
Los Angeles at Dallas

Sunday's results
Anaheim 3 Edmonton 2
Minnesota 4 Vancouver 0
Washington 3 Ottawa 1
Chicago 6 Nashville 3
Philadelphia 3 N.Y. Rangers 2

Tonight's games
All times Eastern
Montreal at Buffalo, 7 p.m.
Washington at Philadelphia, 7 p.m.
Detroit at Pittsburgh, 7 p.m.
Boston at Carolina, 7 p.m.
Anaheim at Ottawa, 7:30 p.m.
Columbus at Tampa Bay, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Vancouver at Colorado, 9 p.m.
Minnesota at Edmonton, 9 p.m.
Nashville at Phoenix, 9 p.m.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	33	28	61
D.Sedin, Vcr	27	30	57
St. Louis, TB	19	37	56
H.Sedin, Vcr	9	46	55
B.Richards, Dal	18	34	52
Zetterberg, Det	16	34	50
Perry, Ana	23	26	49
Eriksson, Dal	16	32	48
E.Staal, Car	22	24	46
Kopitar, LA	16	30	46
Ovechkin, Wash	15	30	45
Sharp, Chi	25	19	44
Duchene, Col	18	25	43
Kesler, Vcr	24	18	42
Lidstrom, Det	11	31	42
Heatley, SJ	17	24	41
Byfuglien, Atl	16	25	41
Selanne, Ana	14	27	41
J.Thornton, SJ	12	29	41
Backstrom, Wash	11	30	41
Briere, Pha	24	16	40
Iginla, Cal	18	22	40
M.Richards, Pha	15	25	40
Enstrom, Atl	8	32	40
Letang, Pgh	7	33	40
Nash, Clb	21	18	39
Giroux, Pha	17	22	39
Datsyuk, Det	12	27	39
Havlat, Minn	11	28	39
Ribeiro, Dal	9	30	39
Visnovsky, Ana	8	31	39
J.Carter, Pha	19	19	38
Dubinsky, NYR	17	21	38
Ladd, Atl	16	22	38
P.Stastny, Col	16	22	38
M.Koivu, Minn	11	27	38
Toews, Chi	17	20	37
Hejduk, Col	14	23	37
MacArthur, Tor	14	23	37
Getzlaf, Ana	13	24	37
Clowe, SJ	12	25	37
Ryan, Ana	21	15	36
D.Brown, LA	17	19	36
Skinner, Car	16	20	36
J.Williams, LA	16	20	36
Malkin, Pgh	15	21	36
Ruutu, Car	12	24	36
Grabovski, Tor	18	17	35
Semin, Wash	18	17	35
Backes, StL	14	21	35
Plekanec, Mtl	14	21	35
P.Kane, Chi	13	22	35
Leino, Pha	11	24	35
Roy, Buf	10	25	35
Yandle, Pho	7	28	35
Franzen, Det	19	15	34
Neal, Dal	18	16	34
Vanek, Buf	17	17	34
Bergeron, Bos	14	20	34
Tavares, NYI	18	15	33
Marleau, SJ	17	16	33
Kulemin, Tor	16	17	33
Malone, TB	11	22	33
J.Jokinen, Car	10	23	33
Ra.Whitney, Pho	10	23	33
Steen, StL	15	17	32
Tanguay, Cal	10	22	32
J.Johnson, LA	4	28	32
Kessel, Tor	19	12	31
Morrow, Dal	18	13	31
Hartnell, Pha	15	16	31
Kunitz, Pgh	15	16	31
Weiss, Fla	13	18	31
Versteeg, Tor	12	19	31
Elias, NJ	10	21	31
Liles, Col	5	26	31
Rafalski, Det	4	27	31
Umberger, Clb	15	15	30
Fleischmann, Col	12	18	30

Not including yesterday's games

GOLF

PGA FEDEXCUP STANDINGS

(all figures in U.S. dollars)

Rank, Name	Points	Money
1. Jonathan Byrd	534	$1,146,606
2. Mark Wilson	500	$990,000
3. Robert Garrigus	300	$635,000
4. Tim Clark	299	$571,000
5. Steve Marino	245	$484,000
6. Matt Kuchar	200	$410,500
7. Steve Stricker	195	$429,500
8. Graeme McDowell	190	$412,000
9. Matt Bettencourt	157	$284,500
10. Jimmy Walker	135	$264,000
11. Jason Day	123	$219,357
12. Carl Pettersson	123	$286,500
13. Justin Rose	116	$226,286
14. Anthony Kim	107	$169,786
15. Arjun Atwal	100	$166,925
16. Stuart Appleby	96	$151,286
17. Cameron Beckman	96	$124,357
18. Ian Poulter	95	$201,500
19. Shigeki Maruyama	88	$177,375
19. Roland Thatcher	88	$177,375
21. Bill Haas	85	$182,000
22. Ernie Els	81	$106,800
23. Jim Furyk	75	$162,000
23. Dustin Johnson	75	$162,000
25. Ryan Palmer	75	$120,200
26. Jerry Kelly	73	$143,000
26. Davis Love III	73	$143,000
26. Chris Riley	73	$143,000
29. Jason Bohn	66	$74,093
30. Bill Lunde	61	$132,000
31. Zach Johnson	57	$78,880
32. Chad Campbell	55	$94,286
32. Brian Gay	55	$94,286
32. Tag Ridings	55	$94,286
32. Rory Sabbatini	55	$94,286
36. Ben Crane	50	$71,000
36. Adam Scott	50	$71,000
38. Rocco Mediate	49	$67,880
39. Brendon de Jonge	48	$57,357
39. Kevin Na	48	$57,357
39. Jeff Overton	48	$57,357
39. Alex Prugh	48	$57,357
39. John Senden	48	$57,357
44. Charley Hoffman	45	$62,000
44. Hunter Mahan	45	$62,000
44. Bubba Watson	45	$62,000
47. Heath Slocum	44	$68,895
48. Fredrik Jacobson	43	$40,700
48. Marc Leishman	43	$40,700
48. Boo Weekley	43	$40,700
51. Chris DiMarco	40	$34,925
51. Chris Kirk	40	$34,925
51. John Merrick	40	$34,925
54. Derek Lamely	39	$55,000
55. Aaron Baddeley	34	$26,606
55. Steven Bowditch	34	$26,606
55. D.J. Brigman	34	$26,606
55. Colt Knost	34	$26,606
55. Spencer Levin	34	$26,606
55. Jarrod Lyle	34	$26,606
55. Daniel Summerhays	34	$26,606
62. Kevin Chappell	28	$19,800
62. Brandt Jobe	28	$19,800
62. Nate Smith	28	$19,800
65. Webb Simpson	24	$15,593
65. Charlie Wi	24	$15,593
67. Michael Connell	21	$13,860
68. Billy Mayfair	20	$13,530
69. Michael Sim	18	$12,980
70. Matt McQuillan	**17**	**$12,705**
70. Jesper Parnevik	17	$12,705
72. Jason Dufner	15	$12,540
Also		
82. David Hearn	**1**	**$10,395**

SOCCER

ASIAN CUP

Yesterday's results
At Al Rayyan, Qatar
Japan 5 Saudi Arabia 0
At Doha, Qatar
Jordan 2 Syria 1

SPAIN

LA LIGA

Yesterday's results
Atletico Madrid 3 Mallorca 0

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Tuesday's results
MEN
Singles — First Round
Eduardo Schwank, Argentina, def. Leonardo Mayer, Argentina, 6-2, 6-0, 6-4.
Bernard Tomic, Australia, def. Jeremy Chardy, France, 6-3, 6-2, 7-6 (5).
WOMEN
Singles — First Round
Vera Zvonareva (2), Russia, def. Sybille Bammer, Austria, 6-2, 6-1.
Petra Kvitova (25), Czech Republic, def. Sally Peers, Australia, 6-2, 6-4.
Lourdes Dominguez Lino, Spain, def. Johanna Larsson, Sweden, 6-2, 6-1.
Iveta Benesova, Czech Republic, def. Anabel Medina Garrigues, Spain, 6-0, 6-1.
Anna Chakvetadze, Russia, def. Olga Govortsova, Belarus, 6-3, 6-4.
Bojana Jovanovski, Serbia, def. Chang Kaichen, Taiwan, 7-5, 6-1.
Monday's results
MEN
Singles — First Round
Roger Federer (2), Switzerland, def. Lukas Lacko, Slovakia, 6-1, 6-1, 6-3.
Novak Djokovic (3), Serbia, def. Marcel Granollers, Spain, 6-1, 6-3, 6-1.
Tomas Berdych (6), Czech Republic, def. Marco Crugnola, Italy, 6-4, 6-0, 6-2.
Andy Roddick (8), U.S., def. Jan Hajek, Czech Republic, 6-1, 6-2, 6-2.
Fernando Verdasco (9), Spain, def. Rainer Schuettler, Germany, 6-1, 6-3, 6-2.
Gael Monfils (12), France, def. Thiemo de Bakker, Netherlands, 6-7 (5), 2-6, 7-5, 6-2, 6-1.
Nicolas Almagro (14), Spain, def. Stephane Robert, France, 6-4, 6-3, 6-7 (4), 7-5.
Mardy Fish (16), U.S., def. Victor Hanescu, Romania, 2-6, 4-6, 6-3, 7-5, 6-3.
Ivan Ljubicic (17), Croatia, def. Peter Luczak, Australia, 6-3, 6-3, 7-6 (2).
Lukasz Kubot, Poland, def. Sam Querrey (18), U.S., 5-7, 6-2, 3-6, 6-1, 8-6.
Stanislas Wawrinka (19), Switzerland, def. Teymuraz Gabashvili, Russia, 7-6 (3), 6-4, 6-4.
Florian Mayer, Germany, def. Nikolay Davydenko (23), Russia, 6-3, 4-6, 7-6 (4), 6-4.
Albert Montanes (25), Spain, def. Dustin Brown, Germany, 6-4, 6-2, 3-6, 2-6, 7-5.
Juan Monaco (26), Argentina, def. Simon Greul, Germany, 7-6 (5), 7-6 (4), 6-2.
Richard Gasquet (28), France, def. **Frank Dancevic, Niagara Falls, Ont.**, 6-3, 6-4, 6-4.
Viktor Troicki (29), Serbia, def. Dmitry Tursunov, Russia, 6-2, 3-6, 6-2, 6-0.
Sergiy Stakhovsky, Ukraine, def. Daniel Brands, Germany, 6-2, 6-3, 6-4.
Robin Haase, Netherlands, def. Carlos Berlocq, Argentina, 6-4, 6-3, 7-6 (5).
Kei Nishikori, Japan, def. Fabio Fognini, Italy, 6-1, 6-4, 6-7 (4), 6-4.
Igor Kunitsyn, Russia, def. Michal Przysiezny, Poland, 6-7 (1), 6-4, 6-4, 7-6 (6).
Adrian Mannarino, France, def. Ryan Harrison, U.S., 6-4, 6-3, 6-4.
Xavier Malisse, Belgium, def. Pablo Andujar, Spain, 6-1, 6-2, 7-6 (3).
Frederico Gil, Portugal, def. Pablo Cuevas, Uruguay, 6-4, 6-7 (7), 4-6, 6-3, 9-7.
Grigor Dimitrov, Bulgaria, def. Andrey Golubev, Kazakhstan, 6-1, 6-4, 6-2.
Nicolas Mahut, France, def. Brian Dabul, Argentina, 6-3, 6-4, 6-4.
Philipp Kohlschreiber, Germany, def. Tobias Kamke, Germany, 1-6, 4-6, 7-6 (6), 6-4, 6-4.
Tommy Robredo, Spain, def. Somdev Devvarman, India, 7-6 (4), 6-3, 6-4.
Igor Andreev, Russia, def. Filippo Volandri, Italy, 6-3, 7-6 (3), 6-3.
Benoit Paire, France, def.Flavio Cipolla, Italy, 6-1, 7-5, 6-1.
Gilles Simon, France, def. Yen-hsun Lu, Taiwan, 6-7 (3), 6-2, 6-4, 6-2.
Janko Tipsarevic, Serbia, def. Mischa Zverev, Germany, 6-3, 6-1, 6-4.
Ivan Dodig, Croatia, def. Ivo Karlovic, Croatia, 6-4, 3-6, 7-6 (5), 4-6, 6-4.
WOMEN
Singles — First Round
Caroline Wozniacki (1), Denmark, def. Gisela Dulko, Argentina, 6-3, 6-4.
Venus Williams (4), U.S., def. Sara Errani, Italy, 6-3, 6-2.
Francesca Schiavone (6), Italy, def. Arantxa Parra Santonja, Spain, 6-7 (4), 6-2, 6-4.
Victoria Azarenka (8), Belarus, def. Kathrin Worle, Germany, 6-0, 6-2.
Li Na (9), China, def. Sofia Arvidsson, Sweden, 6-1, 7-5.
Justine Henin (11), Belgium, def. Sania Mirza, India, 5-7, 6-3, 6-1.
Maria Sharapova (14), Russia, def. Tamarine Tanasugarn, Thailand, 6-1, 6-3.
Marion Bartoli (15), France, def. Tathiana Garbin, Italy, 6-0, 6-0.
Barbora Zahlavova Strycova, Czech Republic, def. Aravane Rezai (17), France, 6-0, 3-6, 7-5.
Kaia Kanepi (20), Estonia, def. Magdalena Rybarikova, Slovakia, 2-6, 6-4, 6-3.
Yanina Wickmayer (21), Belgium, def. Jarmila Groth, Australia, 6-3, 2-6, 6-4.
Svetlana Kuznetsova (23), Russia, def. Alison Riske, U.S., 6-3, 6-2.
Regina Kulikova, Russia, def. Daniela Hantuchova (28), Slovakia, 7-6 (3), 3-6, 9-7.
Dominika Cibulkova (29), Slovakia, def. Angelique Kerber, Germany, 6-2, 6-7 (4), 6-4.
Andrea Petkovic (30), Germany, def. Jill Craybas, U.S., 6-1, 6-2.
Tsvetana Pironkova (32), Bulgaria, def. Pauline Parmentier, France, 6-4, 3-6, 6-3.
Rebecca Marino, Vancouver def. Junri Namigata, Japan, 6-2, 4-6, 6-3.
Evgeniya Rodina, Russia, def. Olivia Rogowska, Australia, 6-3, 6-1.
Alberta Brianti, Italy, def. Lucie Hradecka, Czech Republic, 6-4, 7-5.
Monica Niculescu, Romania, def. Timea Bacsinszky, Switzerland, 6-0, 6-3.
Julia Goerges, Germany, def. Edina Gallovits-Hall, Romania, 6-3, 4-6, 6-3.
Chanelle Scheepers, South Africa, def. Karolina Sprem, Croatia, 4-6, 6-4, 6-2.
Sandra Zahlavova, Czech Republic, def. Renata Voracova, Czech Republic, 6-3, 6-1.
Virginie Razzano, France, def. Elena Vesnina, Russia, 4-6, 6-3, 6-3.
Vesna Manasieva, Russia, def. Laura Pous Tio, Spain, 7-5, 6-2.
Jelena Dokic, Australia, def. Zuzana Ondraskova, Czech Republic, 6-3, 6-2.
Vania King, U.S., def. Tamira Paszek, Austria, 6-7 (4), 6-0, 6-3.
Andrea Hlavackova, Czech Republic, def. Patricia Mayr-Achleitner, Austria, 7-5, 6-4.
Elena Baltacha, Britain, def. Jamie Hampton, U.S., 3-6, 6-4, 7-5.
Anne Keothavong, England, def Arina Rodionova, Russia, 7-5, 6-4.
Anastasija Sevastova, Latvia, def. Polona Hercog, Slovenia, 6-4, 7-6 (5).
Arantxa Rus, Netherlands, def. Bethanie Mattek-Sands, U.S., 6-1, 3-6, 7-5.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	2	2	0	1.000	25	16	—
Boston	2	2	0	1.000	20	13	—
Rochester	2	1	1	.500	20	22	1
Buffalo	2	1	1	.500	18	16	1
Philadelphia	2	0	2	.000	12	19	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	3	2	1	.667	30	28	—
Minnesota	2	1	1	.500	26	19	½
Colorado	2	1	1	.500	18	18	½
Washington	3	1	2	.333	30	39	1
Edmonton	2	0	2	.000	14	23	1½

WEEK THREE
Friday's game
All times Eastern
Boston at Toronto, 7:30 p.m.
Saturday's games
Rochester at Boston, 7:30 p.m.
Toronto at Buffalo, 7:30 p.m.
Edmonton at Minnesota, 8:30 p.m.
Philadelphia at Colorado, 9 p.m.
Washington at Calgary, 9:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	30	9	.769	—
d-Miami	30	12	.714	1½
d-Chicago	28	13	.683	3
Orlando	26	14	.650	4½
Atlanta	27	15	.643	4½
New York	22	18	.550	8½
Philadelphia	17	23	.425	13½
Indiana	16	22	.421	13½
Charlotte	15	24	.385	15
Milwaukee	14	24	.368	15½
Detroit	15	26	.366	16
Toronto	13	28	.317	18
Washington	12	27	.308	18
New Jersey	10	31	.244	21
Cleveland	8	32	.200	22½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	35	6	.854	—
d-L.A. Lakers	30	12	.714	5½
d-Oklahoma City	27	13	.675	7½
Utah	27	14	.659	8
Dallas	26	14	.650	8½
New Orleans	26	16	.619	9½
Denver	23	17	.575	11½
Portland	21	20	.512	14
Memphis	19	22	.463	16
Phoenix	18	21	.462	16
Houston	19	23	.452	16½
Golden State	17	23	.425	17½
L.A. Clippers	15	25	.375	19½
Minnesota	10	31	.244	25
Sacramento	9	30	.231	25

d — division leader
Yesterday's results
Chicago 96 Memphis 84
Phoenix 129 New York 121
Washington 108 Utah 101
Philadelphia 96 Charlotte 92 (OT)
Houston 93 Milwaukee 84
New Orleans 85 Toronto 81
L.A. Clippers 114 Indiana 107
Detroit 103 Dallas 89
Golden State 109 New Jersey 100
Atlanta 100 Sacramento 98
Orlando at Boston
Minnesota at Portland
Oklahoma City at L.A. Lakers
Sunday's results
L.A. Clippers 99 L.A. Lakers 92
San Antonio 110 Denver 97
Tonight's games
All times Eastern
Atlanta at Miami, 7:30 p.m.
Charlotte at Chicago, 8 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	36	341	281	1026	28.5
Stoudemire, NYK	39	376	255	1015	26.0
Ellis, GOL	39	372	188	1001	25.7
James, MIA	40	347	266	1015	25.4

Not including yesterday's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
AFC
N.Y. Jets 28 New England 21
NFC
Chicago 35 Seattle 24

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 23
Green Bay at Chicago, 3 p.m.
N.Y. Jets at Pittsburgh, 6:30 p.m.

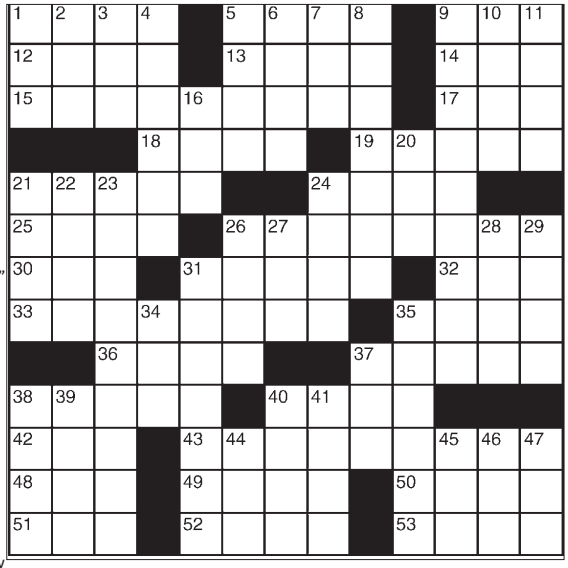
PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL

Sunday, Feb. 6
At Arlington, Texas
AFC vs. NFC champions, 6:30 p.m.

Crossword



Across
1 Entreaty
5 Reverberate
9 Hope or Newhart
12 Skirt edges
13 Christmas refrain
14 Rhyming tribute
15 Instrument panel
17 Intention
18 Group of actors
19 Greene of "Bonanza"
21 City-related
24 "Leave It to Beaver" dad
25 Any moment now
26 Square dances
30 Greek vowel
31 Journal
32 "That feels so good"
33 Rump
35 Hodgepodge
36 Uses a shovel
37 Bracelet location, maybe
38 Throng
40 Timbuktu's country
42 Blood-group letters
43 Go downhill, in a way
48 Keanu, in "The Matrix"
49 Albacore
50 Pleasant
51 P.E. venue
52 Remain
53 Cabbage salad

Down
1 Third degree?
2 Meadow
3 Type squares
4 Garbage receptacle
5 Eve's grandson
6 Layer of paint
7 That girl
8 Wife or mother, slangily
9 "Monopoly" property
10 Valhalla VIP
11 Everly Brothers' "Let It —"
16 Prohibit
20 Acapulco gold
21 Secondhand
22 Memory method
23 Staff meeting site
24 Existed
26 Hastens
27 Rowing need
28 Hammer's target
29 Oxford, e.g.
31 Literary condensations
34 Disencumber
35 Toppers for Whoppers
37 Priestly garment
38 Suspend
39 Do as you're told
40 "—Lisa"
41 Vacationing
44 Wacko
45 Have a bug
46 Nipper's co.
47 Morning moisture

▶ Yesterday's answer

E	M	U	S	■	O	H	O	■	S	T	A	B
K	I	L	O	G	R	A	M	■	A	R	I	A
E	N	T	A	N	G	L	E	■	L	I	D	S
■	■	■	P	A	Y	■	L	L	A	M	A	S
M	O	T	E	T	■	S	E	A	M	■	■	■
E	G	A	D	■	E	N	T	W	I	N	E	■
G	R	R	■	S	M	U	T	S	■	O	R	B
■	E	N	T	E	B	B	E	■	M	O	N	O
■	■	■	E	R	O	S	■	N	A	K	E	D
C	A	S	H	E	W	■	I	O	N	■	■	■
O	D	O	R	■	E	N	T	R	A	C	T	E
L	A	M	A	■	R	E	L	I	G	I	O	N
A	M	E	N	■	S	O	L	■	E	D	G	E

Sudoku

4		7	1		9	5		6
		3				1		
2	1						3	8
			2		3			
	9						5	
			8		4			
5	3						9	4
		6				8		
1		9	3		7	2		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	1	2	8	5	4	3	6
8	5	6	4	1	3	9	2	7
3	4	2	7	6	9	8	1	5
1	8	7	9	4	6	2	5	3
9	2	4	5	3	1	6	7	8
5	6	3	8	2	7	1	9	4
6	3	5	1	9	4	7	8	2
2	7	9	6	5	8	3	4	1
4	1	8	3	7	2	5	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Harshvardhan Partap Singh, I just love you the way you are. You are the best thing ever happened to me in life. Love the way you cook... I hope you read it while travelling to school on the go! **YOURS FOREVER...**

To my baby i love you soooooo much you mean the world to me, your smile lights up a room, you make my heart melt me and you for life baby **YOUR HUBBY!!!!!!**

ate maritess, happy birthday!thanks for being such a blessing to all of us.i hope the best of the bests for you,and so with niko and nikki.we so love you.you're great!keep it up! Godbless. **LOVELOTS, ELIESE**

all the kids call you ms. honey. you are the sweetest teacher i ever met, and i want to send you all my love sealed with a kiss. You always will be special in my life. **FROM YOUR: CHERI BLOSSOM.**

Today 0°/-13° Cloudy
Wednesday -5°/-18° Flurries 80%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be hugely assertive today and that's good because if you believe in your abilities and if you are prepared to take risks anything is possible.

♉ Taurus April 21-May 21 Your imaginative powers are strong at the moment but that will only be a good thing if you know how to keep self-doubt at arm's length. Focus on positive thoughts only.

♊ Gemini May 22-June 21 Today's link between your ruler Mercury and power planet Pluto will encourage you to be inventive, especially in finding ways to make money. Think of something that has not been done before – then do it.

♋ Cancer June 22-July 22 Unexpected developments of some sort will catch just about everyone by surprise today but if you stay calm and look for ways to turn them to your advantage you will benefit while others struggle.

♌ Leo July 23-Aug.23 You won't care in the slightest what other people think or say about you today. That frees you to take chances – and win.

♍ Virgo Aug. 24- Sept. 22 With Mercury, your ruler, linked to power planet Pluto today the way you interact with employers and senior colleagues is of the utmost importance. Make sure you respect them, even if they don't always respect you.

♎ Libra Sept. 23-Oct. 23 Resist the urge to make value judgments about people whose personal lives you don't know much about. No one is perfect. We all have our failings.

♏ Scorpio Oct. 24-Nov. 22 Act quickly if someone in a position of power makes you the proverbial offer you cannot refuse today. If you don't take them up on it one or more of your rivals wil.

♐ Sagittarius Nov. 23-Dec. 21 If you need to do something that is going to take a lot of energy now is the time to get started. Your mind is a powerful tool and if you use it correctly today you can overcome any obstacle and reach any objective.

♑ Capricorn Dec. 22-Jan. 20 Today's Mercury-Pluto union will endow you with the kind of faith that can move mountains – so get moving!

♒ Aquarius Jan. 21-Feb. 18 The more others say you should be respectful of people in positions of power the more you will go out of your way to show you are a free individual and you bow to no one's authority. Good for you!

♓ Pisces Feb. 19-March 20 It's natural that you feel a bit concerned about some of the things going on in your world, but nothing bad will happen to you personally. Even if it did, you've got the skills to talk your way out of it. SALLY BROMPTON

Caption contest

KEYSTONE, ENNIO LEANZA/ THE ASSOCIATED PRESS

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AIR CANADA VACATIONS

Deals of the week

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CARIBBEAN & MEXICO

HOT DEALS • 1 WEEK

GRENADA via Toronto
Grenadian by rex resorts ❀❀❀½
Standard rm. • Feb. 5
$879 +Taxes & other fees: $181

MEXICO | Cancun/Riviera Maya via Toronto
Occidental Grand Cozumel ❀❀❀❀½
All-Inclusive • Deluxe rm. • Mar. 19
$959 +Taxes & other fees: $262

MEXICO | Los Cabos via Toronto
Wyndham Cabo San Lucas Resort ❀❀❀
All-Inclusive • Deluxe rm. city view • Feb. 5 & 12
$1039 +Taxes & other fees: $261

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto
Dreams Villamagna Nuevo Vallarta ❀❀❀❀½
All-Inclusive • Promo rm. • Feb. 1 - 3 & 21 - 24
$1559 +Taxes & other fees: $149

CUBA | Santa Clara
Meliá Las Dunas ❀❀❀❀½ PRIVILEGES
All-Inclusive • Standard rm. • Feb. 6, 13, Mar. 6 & 20
$1169 +Taxes & other fees: $154
Departure tax: 25 CUC cash, paid locally

CUBA | Santa Clara
Royal Hideaway Ensenachos ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Royal spa premium rm. • Feb. 6, 13 & Mar. 6
$1569 +Taxes & other fees: $154
Departure tax: 25 CUC cash, paid locally
Please add $85 for Sat. & Sun. departures

CUBA | Varadero
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • Feb. 5 & 12
$1099 +Taxes & other fees: $154
Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
Allegro Varadero ❀❀❀
All-Inclusive • Superior rm. • Feb. 5 & 12
$999 +Taxes & other fees: $154
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • Jan. 22 & 29
$899 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Barceló Bavaro Palace Deluxe ❀❀❀❀½
Junior suite deluxe • Jan. 29
$949 +Taxes & other fees: $164

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite • Mar. 5
$1269 +Taxes & other fees: $170

TURKS & CAICOS
Comfort Suites ❀❀½
Continental breakfast • Junior suite run of the house • Feb. 7 & 14
$1049 +Taxes & other fees: $133

TURKS & CAICOS
Ocean Club ❀❀❀½
Studio suite • Feb. 7 & 14
$1649 +Taxes & other fees: $133

JAMAICA
Sunset Jamaica Grande Resort & Spa ❀❀❀❀ PRIVILEGES
All-Inclusive • Traditional standard rm. • Feb. 5 & 12
$1269 +Taxes & other fees: $93

BARCELÓ HOTELS & RESORTS

ALL-INCLUSIVE • 1 WEEK

MEXICO | Cancun/Riviera Maya
Barceló Maya Beach ❀❀❀❀
Superior rm. • Mar. 19
$1159 +Taxes & other fees: $245

DOMINICAN REPUBLIC | Puerto Plata via Toronto
Barceló Puerto Plata ❀❀❀½ PRIVILEGES
Superior rm. • Feb. 4 & 11
$1269 +Taxes & other fees: $175

USA

NEVADA | Las Vegas via Vancouver
Imperial Palace Hotel & Casino ❀❀❀
Deluxe rm. • Feb. 2 • 3 nts. • SAVE 30%
$479 +Taxes & other fees: $120

NEW YORK | New York City
Wellington Hotel ❀❀❀
Double one bed rm. • Feb. 14 • 3 nts.
$479 +Taxes & other fees: $113

EUROPE

ENGLAND | London
Hotel Ibis London Earls Court ❀❀❀
Breakfast • Standard rm. • Feb. 10, 17 & 24 • 4 nts.
$689 +Taxes & other fees: $431

FRANCE | Paris via Toronto
All Seasons Paris Gare de l'Est ❀❀❀
Breakfast • Standard rm. • Feb. 10, 17 & 24 • 3 nts.
$699 +Taxes & other fees: $411

CARIBBEAN CRUISES • 1 WEEK

Princess Cruises[1] | Caribbean Princess®
Southern Caribbean Cruise
Flights to San Juan via Toronto • Interior statetoom, cat. K • Apr. 3 & 10
$1039 +Taxes & other fees: $137

Carnival Cruise Lines[2] | Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan • Interior stateroom, cat. 4B • Mar. 27
$1079 +Taxes & other fees: $143

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NEW YEAR, NEW BEGINNING!
FEBRUARY CLASSES

Paralegal

Part time evening program now available!

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

Afternoon Class Starts in February!

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

Personal Support Worker

Part time evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.
This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

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